

Contraception Use, Access and Preferences in the UK: Survey of 1,000 people

Dr Rebecca Steinfeld, British Pregnancy Advisory Service (BPAS), London, United Kingdom



Introduction:

Recent data shows:

- Declining use of hormonal contraception
- Ongoing barriers to access to contraception
- Growing interest in non-hormonal alternatives

To assess these trends, the British Pregnancy Advisory Service (BPAS) conducted a survey to identify people’s experiences and to test the demand for innovative solutions, in particular contragestives.

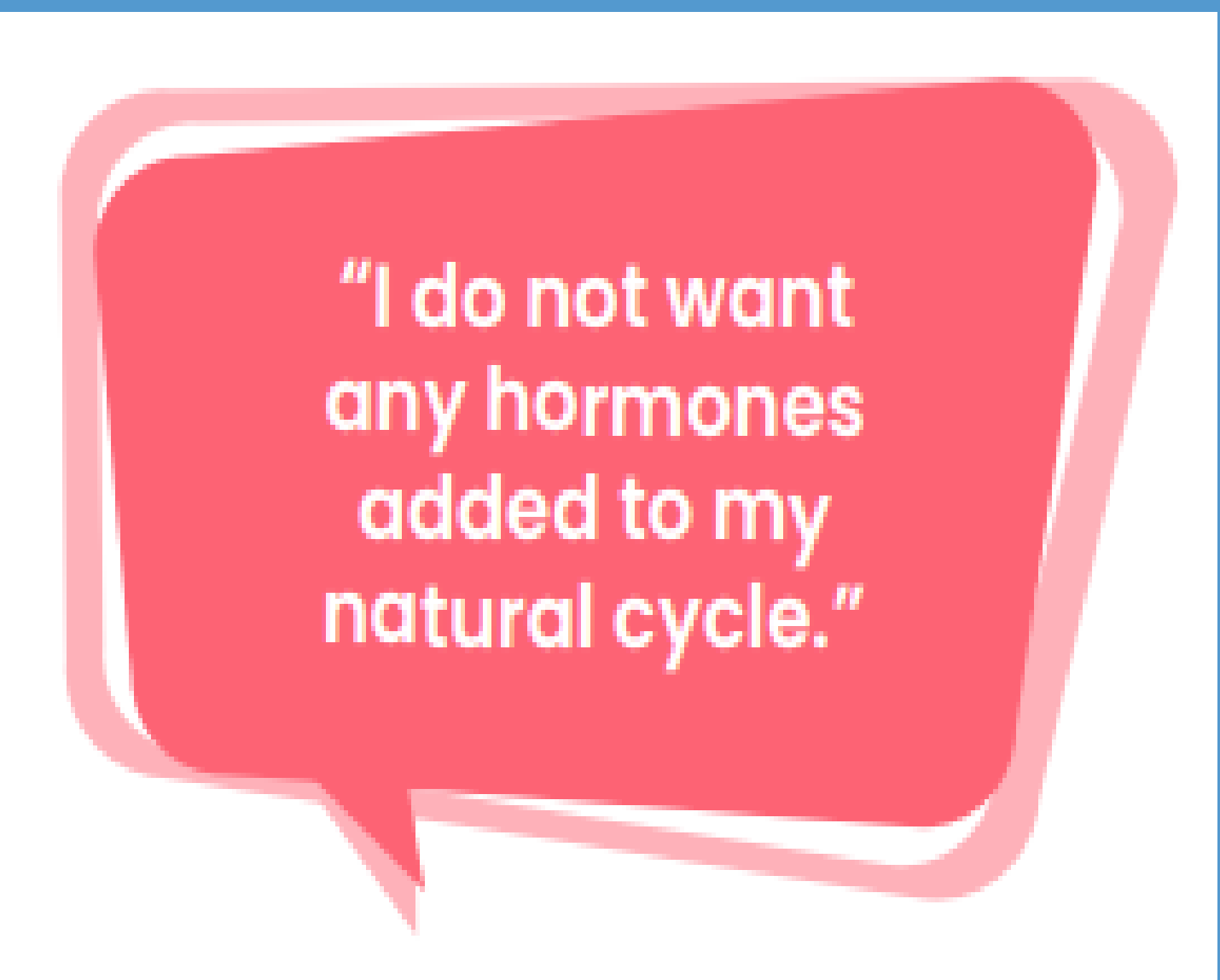
Method:

- BPAS commissioned independent polling company Censuswide to survey 1,000 participants aged 18-45 across the UK. Questions focused on:
- Current and past contraceptive use
 - Barriers to access
 - Levels of satisfaction
 - Reasons for changing method
 - Openness to future options for men and contragestives

Results:

Declining use of oral contraception and barriers to access:

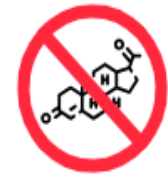
- Only 21% currently use oral contraception compared to 44% reporting prior use
- 49% faced obstacles accessing their preferred methods
- 14% of respondents used LARCs, but many faced access barriers, including waiting times (9%)



Enthusiasm for innovative solutions:

- 72% expressed interest in contragestives, a new class of fertility control that prevents implantation or terminates an early pregnancy
- 76% supported LARCs for men, showing demand for shared contraceptive responsibility

Contragestion
[kontra dʒestʃən]
noun
a method that works after ovulation and throughout [the] luteal phase and beyond.



Non-Hormonal
One of the biggest advantages is that contragestives offer a non-hormonal option, which many are eager to try.



Reduced Side-effects
Due to its non-hormonal nature it has the potential to reduce the risk of side-effects commonly associated with hormonal contraception.



Flexible Frequency
Contragestives could be taken weekly, monthly, or only on demand, providing a middle ground between constant contraception and none at all.



You Decide
This flexibility and convenience would allow people to manage their reproductive health in a more autonomous way.

Conclusion:

Important to address unmet contraceptive needs by expanding options and reducing access barriers

Demand for flexible fertility control methods and more options for men underscores need for innovation and policy reforms

